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THE

Little Confectioner

BY

SMITH HICKS

1876



THE Little Confectioner,

CONTAINING

RECIPES AND PROCESSES

FOR MAKING THE MORE POPULAR FORMS OF

CONFECTIONERY.

BY

SMITH HICKS,

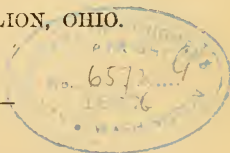
PRACTICAL CONFECTIONER.

STAMFORD, CONN., AND GALION, OHIO.

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Introduction.

THE author, in placing this little work before the public, has endeavored to satisfy a want long felt by every one engaged in selling confectionery to any extent, and also by ladies living at a distance from cities and towns where pure fresh candies are to be obtained. The recipes that follow are not copied from other books, not written down from memory, but have, every one of them, been repeatedly tested and found correct, in the course of many years of practice in the business. They comprise the most saleable and popular forms of confectionery, such as are generally found in first-class establishments, and are warranted not to contain anything injurious to the consumer. It would not be possible, in so small a work, to give recipes for *all* kinds of confectionery, as in many cases

the ingredients are very simple, and the success of the experiment depends altogether on the skill of the workman, and years are often necessary to attain the requisite proficiency. Any one with a fair share of courage and intelligence can, with this book in hand, produce in a short time, better and purer candies than are generally offered for sale.

One of the most important things in making confectionery is to know how to boil the sugar, and also to know when it is boiled enough. Another difficulty is its tendency to granulation after the boiling is accomplished, and the syrup has been poured on the marble. Confectioners use two methods to determine the proper time to remove the batch from the fire. The more common test, and at the same time the surer, for many varieties, is the finger-test. This is done by wetting the fore-finger in cold water, immediately dipping it into the boiling sugar, and fetching from the pot a small amount of the syrup, which is then plunged into the cold water again. Some persons might fancy that they

would burn their fingers by this operation, but there is not the least danger of it if the finger is thoroughly wet. The other method is that of the thermometer. The instrument used by confectioners generally, is a Fahrenheit thermometer graded up to 400 degrees. With this instrument sugar can be boiled to any degree of a uniform hardness and density. The boiling of the sugar by the finger test and the proper degree of heat as marked on the thermometer will both be given in the recipes.

Cream of tartar is generally used to prevent granulation, or "graining" as it is called by confectioners. Sugar, if boiled without it, turns to coarse sugar again, when the syrup is turned on to the marble. The amount of Cream of Tartar to be used varies with the different kinds of candy to be made, and the proportion must be accurately maintained, for too much is as bad as not enough, and the candy will quickly melt to syrup again, or remain sticky and soft.

The following recipes are made on the basis of the quantity that a general retail store would

make at one time. But as part of the author's design is to initiate the ladies and young folks of families into the mysteries of the confectioner's art, it might be well to state that they can be divided and subdivided to suit the desires of any one, provided always that great accuracy is had in maintaining the same proportions.

The tools and appliances needed to make candy, are few and simple, and may be enumerated as follows : a furnace, with a fire surface ten inches in diameter, a copper boiling pan that will hold six gallons, a confectioner's thermometer as described above, a smooth flat stone (or marble) three feet by two, and four iron rods half an inch square, to put around the edge of the marble, to keep the boiling syrup from running over when it is poured on. These are all the principal tools, and it will easily be seen that they are neither expensive nor in the way when out of use. Of course if the size of the batch is much reduced, say by half, then an ordinary cooking stove and flat stone to cool the sugar on are all that is required.

When a little familiarity has been attained with the recipes, by experience, the author will guarantee that the student will have obtained a pretty fair knowledge of how to boil sugar for a great many of the different kinds of confections usually sold in first class saloons. The recipes for caramels alone are worth ten times the price of the book, and the caramels manufactured from it are fully equal if not superior to anything in the market.

It is absolutely necessary, in order to make good candy, that all the ingredients should be of the very best quality that can be had. The sugar should be Standard A. "A" sugar will not make white Candy, it must be of the best Standard A or hard crushed. This applies more particularly to Ice Cream Candy, which ought to be pure white when finished. When butter is used, it must be good, and as free from salt as possible. The Cream of Tartar must be absolutely pure.

The best Chocolate to use is Caraccas, as it is purer in delicacy of flavor to all other kinds, Confectioners as a rule do not use it for caramels.

but only for the best kind of Chocolate Cream Drops. Baker's Cocoa Paste is the brand most in use, and makes very good caramels and cream drops. The Caraccas chocolate costs 25 cents more per pound than Baker's, but it makes first-class work. Glucose, or Syrup of Wheat, now used extensively by confectioners, is a valuable acquisition, on account of the gummy consistency it imparts to candy made from it.

No. 1. Ice-Cream Candy.

The process of making Ice-Cream Candy is nearly the same, as far as regards boiling the sugar, as in making nearly all kinds of sticks and drops. The ingredients are as follows :

Best Standard A Sugar	-	10 lbs.
Water	- - -	2 qts.
Butter	- - -	1½ lbs.
Cream of tartar	-	1 teaspoonful

Dissolve the sugar in the water, and put it over the fire ; when it reaches the boiling point add the cream of tartar. When it has boiled ten minutes put in the butter. It will now commence to foam, and will occupy twice the space it did be-

fore, therefore care should be had to select a vessel large enough, so that the boiling syrup should not run over. Now it is necessary to use the tests for boiling sugar, in order to know when the batch is done. Put your thermometer in the pan, and holding in your left hand a dipper of cold water, wet your right fore-finger, and dip it into the syrup, catch a little of it on your finger, and put it into the dipper of cold water. A jelly-like matter will adhere to your finger, or very likely run off it. Repeat the test every few minutes until, as you take your finger from the water, the syrup will congeal and slip from your finger in a little lump that, when pressed, will snap like glass. This is the signal that it has been boiled enough. If you look at the thermometer you will observe that it indicates 280 degrees. Pour the syrup quickly on the stone, (having previously greased it.) As soon as the edges begin to cool, turn them up on the middle, and continue the process until the whole mass is in a bunch ; then as soon as it is cool enough to handle, put it on a hook, and pull it back and forth until it is of a snowy

whiteness. While being pulled is the best time to flavor, thereby working it uniformly through the batch. Extract of vanilla or oil of lemon is the favorite. Take it from the hook and put it on the table again, and pull it out in bars, or leave it in a mass, to suit yourself. In warm weather it is difficult to keep this kind of candy, for the great quantity of cream of tartar in it renders it soft and sticky, unless kept from the air.

To make Chocolate Ice-Cream Candy, proceed as above in every particular until when the syrup is poured on the stone ; mix thoroughly through it half a pound of chocolate, previously ground or powdered. It is necessary to knead this as dough is worked, in order to thoroughly incorporate the chocolate in the batch. There should be enough to give the batch the same color as the chocolate, because when pulled it becomes much lighter.

Strawberry Ice Cream.

Proceed as for vanilla. When the ingredients are all in, and the batch is boiling, put in the red cochineal color until it is a little darker than a strawberry, as in pulling it always becomes light-

er. Boil by thermometer to 280 degrees, or sharp crack by finger. Flavor while it is on the hood with strawberry.

Vanilla Caramels.

Best Standard A Sugar	-	6 lbs.
Glucose	- -	4 lbs.
Butter	- -	1½ lbs.
Sweet Cream	- -	2 qts,
Two tablespoonfuls of Ex. Vanilla.		

Stir the sugar and the cream together, and when well mixed add the glucose. Put the mixture on the fire, and stir it constantly, or the cream will burn. When it has boiled fifteen minutes add the butter, and commence to try the sugar with the finger test. The thermometer is of no practical value in making this kind of candy. Try the sugar with the finger every minute, and as soon as the sugar cracks sharply when pressed, remove the pan from the fire, and add two tablespoonfuls of extract of vanilla, stirring it in very briskly. Then pour the syrup upon the marble. It might be well to mention that the marble must

be greased before the syrup is poured on it, and for convenience, it is best to do it before commencing to boil the sugar. It will be observed that these Caramels are of an opaque appearance, consequent on using cream. When the syrup is nearly cool, crease it, or cut it into small pieces, three quarters of an inch square. If sweet cream is not to be had, three cans of condensed milk will answer nearly as well. It should be reduced with water until of the consistency of cream.

Vanilla Caramels No. 2.

Best Standard A Sugar	-	10 lbs.
" Butter	- - -	2 lbs.
Milk	- - -	3 qts.

1 teaspoonful of cream of tartar.

Mix the milk and sugar together, and, when it commences to boil, add the cream of tartar. When it has boiled ten minutes add the butter, and commence to test it with the finger, as in the previous recipe. When it has reached the same point as before, remove it from the fire, and stir in two tablespoonfuls of vanilla very gently. Great

caution must be used not to stir the mixture after it has been removed from the fire. But while boiling it must be stirred constantly. These caramels will not be transparent, but of a cream color.

Maple Caramels.

These are made precisely as the others, except in place of standard A sugar use pure maple sugar, and proceed in same manner as for vanilla, except that the flavor of the maple is sufficient without any other.

Chocolate Caramels No. 1.

Best A Sugar	-	-	-	6 lbs.
Glucose	-	-	-	4 lbs.
Butter	-	-	-	1½ lbs.
Sweet Cream	-	.	-	2 qts.
Caraccas Cocoa Paste	-	-	-	1½ lbs.
2 tablespoonfuls Vanilla.				

Dissolve the sugar in the cream, then add the glucose, and put it on the fire. When it has boiled ten minutes, add the butter and the cocoa

paste. These caramels must be stirred very briskly while boiling, for the cream and chocolate burn very easily. A spatula is the best thing to stir with ; this is a stick about two inches wide and a couple of feet long. As the boiling progresses the syrup will become thick as pudding. Try it very often with the finger test, and when it gives a sharp crack take it from the fire, add two table-spoonfuls of vanilla extract, and pour it on the marble. The vanilla should be well stirred in. When it is almost cold cut it up in squares, or crease it with a knife. These caramels sell all the year around, and in summer should be kept in a covered tin box.

When made strictly after the above recipe they are unsurpassed.

Chocolate Caramels No. 2.

Best A Sugar	-	-	-	10 lbs.
New Milk	-	-	-	2 qts.
Butter	-	-	-	1½ lbs.
Baker's Chocolate	-	-	-	1½ lbs.
1 teaspoonful of cream of tartar.				

Dissolve the sugar and the milk together, and when it comes to the boiling point add the cream of tartar. When it has boiled ten minutes add the butter and chocolate. Stir it continually, as the milk will burn quicker than cream. When the butter and chocolate are in, try it continually with the finger test ; as soon as it gives a sharp crack, remove it from the fire, stir in two tablespoonfuls of extract of vanilla, and pour it on the marble as soon as possible. Great care must be used in stirring this when not boiling, as without glucose it has a tendency to granulate on account of the milk.

Peanut Bar.

X Take of the shelled kernels 2 pounds to 1 of sugar, and pass them through a seive, to remove the dirt and dust, and pick them over carefully to remove all bad kernels. Place them in easy reach. Take 3 pounds best A sugar, and put it dry in a kettle, and set it on the fire. Add one teaspoonful of cream of tartar to the dry sugar.

Stir the sugar up from the bottom with a spatula, until it has all melted. Then throw in the nuts slowly, until there is just sugar enough to cover them. Stir briskly until the nuts turn to a light brown, and then pour the batch on the marble. Pat them down flat until the mass is only an inch or an inch and a half thick, and cut them to any desired width while still warm. If the kernels are roasted to light brown first, it saves time and much work stirring, besides making better candy.

Peanut Bar.

ANOTHER WAY TO MAKE THE SAME.

Take of any old candy say 5 pounds, add one quart of water, and 3 pounds of glucose. Boil until syrup comes to a sharp crack, then put in the nuts until the syrup will not take any more, continually stirring them for two or three minutes, and then dumping them out on marble. Cut when nearly cold. Roast the nuts first to a light brown.

Peanut Bar No. 3.

Take a pan with sides $1\frac{1}{2}$ inches high, fill it nearly to the top with shelled nuts. Then boil 5 pounds of A sugar in $1\frac{1}{2}$ pints of water and $\frac{1}{4}$ tea spoonful of cream of tartar, until a very sharp crack, or with thermometer 300 degrees. Then pour upon the nuts, and when yet warm cut in bars. This plan does not cook the nuts, and consequently does not eat as well as either of the above. But if the nuts are roasted first, then this method makes a very good candy. Almonds, walnuts, Brazil nuts and filberts, when treated this way, make a splendid candy.

Almond Bar.

Take 5 lbs of best A sugar and a quarter of a teaspoonful of cream of tartar ; put them dry in a kettle and stir them until the sugar has all melted. Then throw in the almonds slowly until the syrup will not cover any more. Do not neglect to stir the mixture constantly. Turn the mass on the marble, flatten it out, and cut it into bars

when nearly cold. English walnuts, filberts, or Brazil nuts made in this manner sell very readily. These nuts do not need any cooking; as soon as all the nuts are in the syrup it is done.

Cocoanuts.

In selecting these nuts care should be taken to choose those in which the kernel does not adhere to the shell, as they are much the best. They are known as Carthagena nuts, and this variety is almost exclusively used by confectioners. To prepare them, the outside shell should be removed with a sharp hatchet, without injuring the kernel. Then with a spoke-shave set firmly, take off the dark skin that covers the meat. Quarter them and boil them about fifteen minutes, and they will be ready to cut up, either with a machine, if you have one, or grated on a coarse grater.

Cocoanut Cakes.

Grate, or cut with the machine five nuts ; then take 5 lbs. of best A sugar and 1 pint of water,

and boil them until the Thermometer reaches 275 degrees, or by the finger test, until the sugar gives a slight snap. Remove the syrup from the fire, and stir in the grated nuts. Then return the pot to the fire and boil it again, until, when a small quantity is taken between the finger and thumb, it will draw out like a thread. It should be stirred constantly from the time the nuts are put in. When it reaches the desired consistency, remove it from the fire, stir it gently a few times and take some out with a spoon and spread it with a fork on tins to any size you desire. These cakes can be colored by using a small quantity of the colors to be described further on. Another variety is made as follows : grate a small quantity of chocolate fine, and stir it into the mass just before removing it from the fire. This makes a very saleable article.

Cocoanut Cream Bar.

Grate 5 nuts. Take 5 lbs. of sugar and 1 quart of water, and boil them until the mercury in the

thermometer reaches 260 degrees. Then put in the nuts, remove the thermometer, and let it boil about 3 minutes, stirring it all the time. Take it off the fire and stir it gently until the mass gets stiff and white. Pour it out on the marble, flatten it, and when cold, cut it into bars. This candy can be colored the same way as the Cocoanut Cakes.

Cream for Chocolate Cream Drops.

Best A Sugar,	-	-	10 lbs.
Water,	-	-	2½ qts.

One teaspoonful of cream of tartar.

Mix the sugar and water together and put it over a hot fire. When it comes to a boil, add the cream of tartar, and put in the thermometer. If it is summer boil until the mercury marks 245 degrees, as the cream must be harder, but in winter 241 degrees is hard enough. By the finger test, the syrup should be of the consistency of jelly, so that it can be rolled up in a ball.

As soon as it reaches the desired heat, take the kettle off the fire instantly, and set it in a tub of cold water, or in some very cool place. While it is still warm, but not hot, stir the mass briskly with a spatula or long handled pudding-stick, until it turns as white as snow, and is of a soft, creamy texture. Before it is stirred, it should be flavored with two tablespoonfuls of extract of vanilla. When beginning to stir the cream as it cools, the motion should be brisk and uninterrupted, to prevent the syrup from becoming granulated, which would render it unfit for use. When it is creamed take it from the kettle, and knead it with the hands until there is not a lump left in it, and the mass is of a uniform softness. The cream is then ready for use for various purposes, and will keep a long time if kept in a covered stone jar.

Chocolate Cream Drops.

Roll little bits of the cream described above to the size and shape of common marbles, and place

them on stiff, glazed paper, to harden a little on the outside.

Put some cocoa paste or plain chocolate in a vessel, and set it in boiling water, until the chocolate is dissolved, but do not put any water into the chocolate. When the chocolate is all melted, drop the balls of cream into it, two or three at a time, and, lifting them out again with a fork, place them on the glazed paper to dry. As soon as the operation is finished, the drops should be placed in a cool place. These drops are sometimes glazed by a solution of shellac and alcohol, put on with a soft brush.

Chocolate Cream Bar.

Have a pan with sides an inch and a half high. Grease some paper and fit it neatly around the sides and bottom of the pan. Prepare some chocolate as in the foregoing recipe, and pour it into the pan to the depth of a quarter of an inch. Now take some of the cream described above, and putting it in a pan over the fire, stir it continually

until it is melted ; pour it into the pan on top of the chocolate, to the depth of an inch. When it has cooled a little put a layer of chocolate on the cream, a quarter of an inch deep. When it is cool the cake can be cut in bars.

Combination Cream Bars.

Take a pan of two or three inches depth, and cover it inside with greased paper as above. Pour into it half an inch of melted cream, also as above. Take the same quantity of cream, and as it melts color it a delicate pink, or red, and flavor it with strawberry. When melted, pour this on the first. Then take the same quantity of cream again, color it yellow and flavor it with lemon, and pour it on top of the other two. When it is cold cut it in halves, through the center, and put one half on top of the other.

It is always the best plan to cover the inside of the pan with greased paper, as then you may be sure that the cake will turn out of the pan whole and unbroken.

Philadelphia Walnut Candy.

Best New Orleans Molasses	-	$\frac{1}{2}$ gal.
Glucose	- - -	2 lbs.
Water	- - - -	1 qt.

Boil the mixture until, by the finger test, the syrup cracks. Then gradually put in the walnut kernels until the syrup will cover no more. The batch is then done, for the nuts need no cooking whatever. Turn it out and flatten it on the marble, and cut it before it gets cold.

Philadelphia Walnut Candy.

WITHOUT GLUCOSE.

Best New Orleans Molasses	-	1 gal.
Water	- - - -	1 qt.

One-half tea-spoonful cream tartar. Proceed in the same way as in the previous recipe. Both should be continually stirred while boiling. No cream of tartar is necessary where Glucose is used.

Lemon Acid Drops.

Put 10 lbs. of sugar and 2 qts. water in a kettle over the fire. When they come to a boil, add half a teaspoonful of cream of tartar. Put in the thermometer and let it boil until the mercury reaches 305 degrees, or, by the finger test, until the syrup gives a good hard snap. Remove the kettle from the fire and pour the contents onto the marble, so that the batch will be about a quarter of an inch thick. Take three teaspoonfuls of finely powdered tartaric acid and twenty drops of oil of Lemon, and spread them evenly on the surface of the hot sugar. Now begin to turn the edges onto the middle, repeating the operation several times, and gradually make a lump of the whole batch, and knead it like dough, so as to thoroughly dissolve the acid and get it worked into the sugar. It can now be drawn out and cut into drops with the scissors, or rolled into sticks. Lemon drops are a very popular confection, and when made as above, are of a beautiful straw color, and perfectly transparent.

Lemon Drops Without Acid.

These drops are very simple to make and are in connection with raspberry, strawberry, banana and pine-apple, an admirable article for mixed candy. They look well and are very quickly made.

To 10 lbs. of A sugar add two quarts of water and scant 1-2 tea-spoonful of cream tartar, in this place it will be well to describe accurately the different amounts or measures of cream tartar, as for instance, we say as above, a half teaspoonful it is meant that the bowl of the spoon even full with the rim. A tea-spoonful would of course be twice as much. It is absolutely necessary that these proportions or measure should be followed with accuracy to insure success in candy making. Boil by thermometer to 305 degrees, and as soon as it is off the fire pour into it the flavoring oil, as soon as it is on the marble prepare to mark it off in squares about, 3-4 of an inch is the popular size, and while warm raise it from the marble as it will stick. Strawberry and raspberry is colored while boiling. Drop the color in when half-done ; do not stir it. Pineapple and banana

color yellow ; none of these should be very deep, but a delicate tinge.

Stick Candy and Drops.

Standard A Sugar	-	-	10 lbs.
Water,	-	-	2 qts.
Cream of tartar, half teaspoonful.			

Confectioners vary a few degrees in making these varieties in the winter or spring months, the degree for boiling the sugar is 305. In the extreme hot weather of the summer it is boiled to the 315 degrees, from which point the sugar changes from a beautiful transparent mass to a brown color.

Peppermint is pulled and striped with six red stripes evenly distributed around the stick. Wintergreen is also pulled, and striped with one broad and three narrow red stripes. Sassafras is also pulled and distinguished by three red broad stripes the center stripe is pulled on the hook until it is four or five shades lighter than its fellows. Lemon is generally surrounded by four narrow white stripes, the body of the sticks are

transparent. Cinnamon is colored red and as often pulled as left transparent and is striped with four narrow white lines. Pine Apple is pulled and ornamented with two red stripes with a yellow between. Clove is left transparent with a slight tinge of red with an alternate white and red stripe. Banana is a transparent stick with four narrow yellow stripes the body of the stick is sometimes tinged with yellow. Cream sticks are mostly white and flavored with Vanilla.

The drops are striped exactly the same as the stick.

The above are the principal flavors used and the distinguishing characteristics that time and usage has given to the different varieties.

In boiling sugar for these varieties, depend on the thermometer, for none but old and skillful confectioners can do it without, as the sugar cracks very sharp at 290, whereas the boiling continues in some case to 315 degrees. When the boiling is completed turn it on the marble, and as soon as the edges become cool turn them on the center and repeat the process until the

whole batch can be turned over as fast as it cools.

If wanted to make peppermint sticks, cut off a portion of the soft candy, as soon as possible after it has been poured on the marble, say a quarter of a pound, and color it a bright red. It needs only a very small quantity of coloring matter, which however must be thoroughly worked in with the hands. When this is done put the colored candy in a pan near the fire, to keep warm until ready for use. Now return to the batch and cool it as rapidly as possible. When sufficiently cool to handle, put it on a hook, and draw it out until it is of a snowy whiteness. Then remove it from the hook and roll it round on the marble. Now take your colored piece, cut it into six equal strips and place them at equal distances around the batch. Now work one end of the whole down to a point, and pull it out into sticks of any desired thickness ; twisting it a little to make the six stripes into a pretty spiral around the stick. The best time to flavor these sticks is while pulling the batch on the hook, and is done by simply pouring a few drops of oil of pepper-

mint on it, and it will get worked in very thoroughly by the pulling. It requires a good deal of skill to make a good stick, but to make a good drop is very easy. The above process is used for all other kinds of sticks.

Cut Drops.

In making these the learner can by degrees get accustomed to working the candy and striping it for the different varieties. If it is not striped in an artistic manner, it does not show the defects on a small drop, and if they are not pulled out to suit for drops, they can be left in unequal lengths and sold for broken candy. The writer has for a number of years discarded all machines for making these drops and used a common caramel cutter, the drops are cleaner cut and lighter than when passed through a machine. Draw out and roll the candy as if making sticks. Pass the cutter over and cut them nearly through. When cold they readily break and form a very attractive drop. If while working, the batch becomes too

cold hold it over the fire and it will soon soften ; the operation should be conducted in a warm room.

Cream Candy.

Is formed in large irregularly flattened sticks whose surfaces are rough and uneven. The process is exactly the same as for the sticks. They are not striped, but the whole batch is colored. Vanilla is always white. Strawberry, raspberry and rose is a delicate pink. Orange is colored a pale yellow and is flavored with oil of neroli. In using this and the oil of rose great caution must be exercised on account of the intense strength, one or two drops is sufficient for a ten pound batch of candy. Chocolate Cream of this quality is made by adding of powdered chocolate to the batch as soon as poured on the marble enough to color of a dark brown hue; add flavor with vanilla extract or oil of bitter almonds. When this is first made it is hard and brittle. Confectioners pack it away until becomes of a soft

creamy nature, from which process it derives its name.

Old Fashioned Molasses Candy.

Take one gallon best New Orleans Molasses, add 1 pint of water. Boil at a moderate heat in a vessel that holds at least three times the quantity. Stir it briskly all the time its on the fire. When it becomes of a pudding like texture, try it by the finger or use a stick, by first wetting it, and then plunging it in the syrup and back to the water. If the syrup gives a good crack put it between your teeth, if it sticks to them, boil a little longer until it does not. When nearly done put in a piece of butter say $\frac{1}{4}$ lb. Turn it out quickly. Cool it as soon as possible, and pull it until it gets stiff, flavor during the pulling with oil of lemon or vanilla.

Light Molasses Candy.

New Orleans Molasses,	-	-	$\frac{1}{2}$ gal.
Water,	-	-	1 qt.
Molasses Sugar,	-	-	5 lbs.
Refined Sugar,	-	-	2 lbs.

Boil as above and flavor it while pulling. This kind of candy keeps admirably during the mild weather of spring and autumn.

Taffy Candy.

This kind of Candy is made by boiling molasses etc., exactly as in either of the foregoing receipts, and when done, pouring it into trays and pans without pulling or flavoring. It is generally marked off into small squares with a knife.

Everton Taffy.

Extra "C" Sugar,	-	-	5 lbs.
Water,	-	-	1 qt.
Butter,	-	-	$1\frac{1}{2}$ lbs.

Half a teaspoonful of Cream of Tartar.

Boil the sugar and water until, by the finger test, the syrup may be pressed into a hard ball; then put in a pound and a half of sweet butter. Continue the boiling until the finger test gives a sharp crack. Before pouring out, flavor with lemon oil. This is a favorite kind of candy, and sells readily.

Chocolate Paste.

Best "A" Sugar,	-	-	5 lbs.
Water,	-	-	3 pts.
Chocolate, or cocoa paste,	-	-	1 lb.
Butter,	-	-	$\frac{1}{2}$ lb.

One teaspoonful Cream Tartar.

Two table-spoonfuls Vanilla.

Dissolve sugar and water, and when they come to a boil add cream of tartar. Boil until mercury shows 230 degrees, then add the chocolate and butter. Stir constantly and try it often with finger. The thermometer cannot be used to advantage. When the mass shows a soft ball, or rather when taken from the fingers it can be

rolled up, it is done. Pour in the vanilla as soon as it is off the fire, and stir through the batch until it becomes quite stiff; then run it in greased pans and when cold it will cut like cheese. This is a delicious confection and sells readily.

Vanilla Cream Almonds.

Take as many of the nuts as you wish to use, roast them gently over a slow fire, until they assume when broken a light brown color. Take of the cream as described for chocolate cream drops, roll it smooth to about a quarter of an inch thick. Cut in strips one inch wide and wrap each nut smoothly and evenly in a piece of the cream; lay them away for two or three hours to harden, then crystalize them by the process described.

Chocolate Cream Almonds.

Having roasted the nuts as described above, take sufficient of the cream, put in a pan and gently melt it by constantly stirring. Then hav-

ing some melted chocolate pour in enough to give the mass a dark brown appearance, then pour upon the marble, and when blood warm knead it with the hands until it is soft. Then proceed as described for Vanilla cream almonds.

Rose Cream Almonds.

Having roasted the nuts as for the two preceding, take sufficient of the cream, melt it as described above, not forgetting to keep it in motion, color it a beautiful pink by the addition of a few drops of the red coloring, and two or three drops oil of rose. Turn it out and knead it as above, and proceed to envelope the roasted meats. Crystalize, &c. The above process is by far the best for those who wish a delicious cream almond. But skilled confectioners employ an entirely different formula that would be exceedingly difficult for an inexperienced person to successfully follow however plain and simple the directions.

Cream Walnuts.

Take of the meats of the English Walnut only the halves that are entire. Spread of the cream before mentioned, as for cream drops, on the inner side of the meat to $\frac{1}{4}$ inch in thickness, then imbed the other half of the meat without covering the outside. Crystalize same as for nuts.

Cream Dates and Figs.

Are made by simply removing the stone from the date and filling up with cream. If the figs are very large they should be cut in half. Crystalize same as for nuts.

Sarsaparilla Taffy

To 5 lbs. of Extra "C" Sugar, add 1 quart of water, $\frac{1}{2}$ teaspoonful of cream of tartar, $\frac{1}{2}$ pint of molasses. Boil by thermometer to 305 degrees, and when taken from the fire add 10 drops each of sassafrass and wintergreen oils, do not stir in the flavors.

Cinnamon Taffy.

To 5 lbs of "A" sugar add one quart of water, $\frac{1}{2}$ teaspoonful cream of tartar. While boiling color to a bright red with the cochineal color. Boil to 305 degrees by thermometer, and when done add 10 drops of oil cinnamon.

Candied Nuts.

Take any quantity of the shelled nuts, English walnuts, Brazil nuts, filberts or almonds as preferred.

Boil sugar, say 5 lbs. to 1 quart of water, $\frac{1}{2}$ teaspoonful of cream of tartar to 300 degrees by thermometer, take it from the fire and drop in the nuts, a few at a time, and lift out with a fork on tins or cold marble.

Rock Candy.

This is a very simple and at same time interesting process. It can be made in very small quan-

tities, and all that is necessary is a kettle having its sides flaring or wider at top than bottom, in order that the crystalized sugar may be taken out in the same shape as the vessel. Perforate the sides of the kettle with minute holes three inches apart, then run a thread through each hole in order that the sugar may form the crystal on the thread instead of all on the bottom and sides. Cover the outside with a thin coat of beeswax and resin to keep the syrup from running out of the holes.

Take sugar in the proportion of 10 lbs. to 3 qts. of water. Boil by thermometer to 220 degrees. It is now nearly boiled sufficient. Take a common skimmer and after passing it through the syrup, blow through the holes. If the syrup leaves the skimmer in light feathery particles it is done. Then pour it in the kettle prepared to receive it, and keep it in a very warm room for 10 or 12 hours, examine and if the crystals are heavy enough to pour off the surplus syrup and let them dry.

Crystallization

This operation consists simply in enveloping confections in a thin coating of crystals whose glistening appearance greatly adds to their beauty and has the advantage of rendering them almost impervious to the action of the atmosphere. The articles to be crystalized should be put in pans having sides two and half inches high. Then put in a copper or brass kettle as much water as will more than fill the pans. Then add seven pounds of sugar to a gallon of water and boil by thermometer to 225 degrees, take it from the fire and let it cool until blood warm, then pour upon the goods sufficient to cover them, put them in a warm place for 10 hours, pour off the syrup and let them dry well before turning them out. The principle upon which the above is conducted is readily comprehended. When water is cold it will dissolve but a certain quantity of sugar and no more. When heat is applied it will dissolve a much greater quantity. When taken from the fire and allowed to cool the superfluous sugar

that was held in solution by the heat, now begins to form itself in crystals and is deposited on the sides and bottom of the vessel, or upon the goods. Cream figs, cream dates, cream nuts can easily and without trouble be crystalized in the above manner. No cream of tartar or alcohol must be used.

Horehound Candy.

If five lbs. of this candy is wanted, take four one ounce packages of the dried herb, and two quarts of water. Boil to one quart, strain and add 5 lbs. of brown sugar. Boil by thermometer to 305 degrees, or to a hard snap. When done, pour upon the greased marble, and mark it off in squares, or sticks, as quick as it will retain the impression. It will be almost, or quite impossible for a new beginner to boil these hard candies to perfection, without a thermometer, as the candy will crack at 280 degrees, whereas the boiling is continued 25 degrees higher, and requires large experience to determine with accuracy, when the

sugar reaches the desired point without the instrument, but with it no one need make a mistake.

Cough Candy,

THE MOST POPULAR EVER MADE.

One tablespoonful Elecampane.

“ “ powdered Licorice Root.

“ “ “ Wahoo bark of the
root.

Oil of Gaultheria, - - 8 drops.

Oil of Anise, - - 8 drops.

Laudanum, - - 30 drops.

To 10 lbs of good Brown Sugar, add two quarts of water, $\frac{1}{2}$ teaspoonful cream of tartar. Boil by thermometer to 305 degrees. Turn the syrup on the marble as soon as possible spread evenly over its surface the above articles. Turn up the edges and work the whole evenly through the mass by kneading as in bread making. It is generally cut in drops, but can be rolled in sticks, of two

ounces each. If in sticks it keeps better pulled, and also increases in bulk.

Sponge Sugar or Spanish Candy.

Having made a wooden frame 12 or 16 square, and $4\frac{1}{2}$ deep, place it on a wet slab or wooden bench. Take 7 lbs. of Loaf Sugar, 1 quart of water, $\frac{1}{2}$ teaspoonful of cream of tartar. Boil to the caramel degree or first snap indicated by thermometer by 280 degrees. Previous to which take 3-4 of a pound of fine powdered white sugar mix the whites of two eggs, beat it well until its stiff. When the sugar comes to the degree required put in any flavoring you desire, or color, take it off, pour your icing in, and immediately agitate the whole quickly with the spatula. In two or three minutes it will rise to the edge of the pan, let it fall again and continue stirring, as soon as it begins to rise the second time instantly pour it in the frame. Many fail at this process from pouring out at the first rising, which on the slab becomes perfectly flat and heavy. When

cold remove it by passing a fine string or long palate knife under it.

Pop Corn Balls.

Pop the corn, avoiding all that is not nicely opened. Place half bushel of the corn on the table or in a large dripping pan; put a little water in a kettle with one lb. of sugar and boil as for candy, until it becomes quite waxy in water when tried as for candy ; Then remove from the fire and pour into it 6 or 7 tablespoonfuls of thick gum solution, made by pouring water boiling hot upon Gum Arabic over night or some hours before. Now pour the mixture upon different parts of the corn, putting the hands under the corn, lifting up and mixing until the corn is all saturated with the candy mixture. Then with the hand press the corn into balls, being quick lest its sets before you get through. This amount will make about a 100 balls if properly done, white or brown sugar may be used.

Gum Arabic Drops.

Take 6 lbs. of white Gum Arabic dissolve in three quarts of water, over a slow fire, stirring it constantly from the bottom, until all is entirely melted, then strain and press it through a strong coarse cloth or seive, into a clean basin. Now add 4 lbs. white pulverized sugar, and 1 pint of orange flower water or other flavor. Place it over a slow fire and stir it constantly until it boils up, then remove it from the fire, let it stand a short time to settle, remove the scum and pour in moulds. Place them in the drying room at a temperature of 70 degrees for one day. Then turn them out brush them clean and crystalize.

A Good Cough Candy.

Tincture Lobelia.	-	-	-	1 oz.
“ Squills.	-	-	-	1 oz.
“ Blood Root.	-	-	-	1 oz.
“ Opium.	-	-	-	1 oz.

To 7 lbs. A sugar add 1 quart of water.

Boil by thermometer to 305 degrees. Then put in tinctures and when it again reaches 300 degrees it is done. Cut in squares, or rolled in sticks it sells equally well.

Chocolate Bon Bons.

Finest assorted Gum Arabic, 2 oz.

Icing sugar, 2 lbs.

Chocolate, 4 oz.

White of 2 Eggs.

Flavor with Vanilla.

Dissolve the gum in a gill of hot water and strain through a piece of muslin, then add the essence of vanilla, add icing sugar until the mass is quite stiff.

Melt the chocolate with a tablespoonful of water. Work it very smooth with a spoon, and stir in the whites of two eggs and icing. Fill a funnel shaped bag, with a tin tube attached to it having a quarter inch nozzle, with the White Vanilla Cream preparation, and push it out on a large

sheet of paper covered with fine sugar. As the contents are forced out with the right hand cut with a knife the size of a large pea, as fast as a sheet of paper is filled it should be laid on a baking platter in the oven for 10 minutes to dry the outside. Next dip the white balls in the chocolate icing, holding one at a time on a fork then lay them on wire to dry.

Coffee and Cognac Bon Bons.

Take 2 ounces of fine white Gum Arabic soaked in a gill of hot water and afterwards strained. 2 lbs. icing sugar, 2 ounces essence of coffee, half a gill of cognac brandy and the whites of 2 eggs.

First work the gum, brandy and enough of the icing into an elastic paste as directed in chocolate and vanilla. Next prepare the royal icing by working the whites of two eggs, essence of coffee, and some of the sugar, so as to produce a stiff bodied yet somewhat liquid royal icing. These two foregoing preparations are to be used for the composition of these Bon Bons in exactly the

same manner as indicated for the manufacture of those described in No. 1.

Italian Cream Chocolate.

Best A Sugar,	-	-	-	5 lbs.
Glucose, -	-	-	-	1 lb.
Sweet Cream,	-	-	-	1 qt.
Cocoa Paste,	-	-	-	1 lb.

Mix sugar and cream and when done add Glucose ; when the batch is well boiling add the cocoa paste. Boil until it reaches the ball degree or when it is tried by the finger the syrup can be rolled up. Take it from the fire and with the spatula stir until it creams, and then turn it out in moulds or pans. Flavor with a few drops of oil of bitter almonds or vanilla. This should be agitated continuously to prevent the cream and chocolate from burning. If glucose is not handy cream of tartar can be substituted, one teaspoonful will be sufficient.

Italian Cream White.

Best A Sugar, - - - 5 lbs.

Water, - - - 1 qt.

Cream Tartar, $\frac{1}{2}$ teaspoonful.

Boil to ball and cream it in the copper with spatula.

Powder Sugar.--Red.

One lb. of sugar is passed through the seive to free it from the powder, which done, it is put in a sugar pan and warmed slightly, stirring it with the hand. As soon as it gets warmed, some cochineal coloring is gradually introduced, and the sugar is poured on a large sheet of paper rubbed between the hands until all is thoroughly colored of a delicate red hue. This done it is spread over another sheet of paper and dried in the drying closet.

Yellow Powder Sugar.

One ounce of hay saffron is put in a sugar pan

with a gill and a half of water, a small lump of alum about size of a hazel nut, and half an ounce of sugar. The pan is set on the fire and allowed to boil for 5 minutes, then strained through a napkin. Proceed same as for red.

Green Powder Sugar.

This sugar is prepared in same manner as the red, only replacing the cochineal by some spinach green or some green office color.

Spinach Green.

A small basket full of Spinach is washed, pounded and pressed well in small quantities through a coarse cloth twisted at both ends. Thus all the water is pressed out and put in a sugar pan which is set on the fire. As soon as the liquid begins to curdle it is poured through a seive, so as to drain off the water, preserving only the coloring matter, which remains in the sieve.

It is then taken off with a spoon and left covered on ice keeping it for after use.

Poisonous Colors.

The following is a list of substances which should never under any circumstances be used for coloring confectionery, ice cream or any article of food whatever:

Red—Red lead, minium oxides of lead, cinabar, vermilion sulphide of mercury, aniline red which is liable to contain arsenic.

Blue.—Blue verdita, carbonate of copper and calcium.

Green—Emerald green, Scheele's green, arsenite of copper, Reainans green, cobalt and zinc green verditer, carbonate of copper.

Yellow.—Chrome yellow, chromate of lead, orpieent, sulphate of arsenic, patent yellow, Tower's yellow, Cassel's yellow, iodide of lead.

Colors that may be used with Safety,

Red—Carmine, cochineal, Brazil wood, madder.

Blue—Powdered Prussian blue in the soluble form as sold by respectable druggists.

Yellow—Turkey yellow berries, Persian yellow berries, quercitron, fustic, saffron, gambage is sometime used for coloring. But while this substance can hardly be said to be poisonous in the quantities likely to be used, it would be better to abandon the use of it altogether, and substitute the Turkey or Persian yellow berries, which give a beautiful and brilliant color, and one quite free from danger.

Green—Sap Green, or a mixture of Prussian blue, with any of the yellows above mentioned.

Purple—Purple colors may be produced by the mixture of blues with the various red colors.

A decoction of logwood gives also a good violet or purple color.

Orange—This may be produced by mixtures of any of the reds with the yellows. Vary the proportions according to shade desired.

To make the Varieties of Col- or.

RED.

Powdered Cochineal,	-	-	-	-	4 oz.
“ Alum,	-	-	-	-	4 oz.
Salts Tartar,	-	-	-	-	4 oz.
Molasses,	-	-	-	-	1½ pts.
Cream of Tartar,	-	-	-	-	6 oz.
Water,	-	-	-	-	1 qt.

Put all in a copper pan and boil only long enough to dissolve the acids. Then strain through Swiss muslin.

YELLOW.

Saffron,	-	-	-	-	-	4 oz.
Alcohol,	-	-	-	-	-	16 oz.

After it has stood for one week, filter for use.

BLUE.

Powdered Prussian Blue, in the soluble form, as sold by druggists, one dram, and two ounces of water.

Bon Bons.

This name is given to that class of goods produced from Cream, as described in the manufacture of chocolate cream. The different varieties of shape, color and flavor are nearly all produced from the same formula.

In the first place it is necessary to have an apparatus to mould the forms of the different varieties. The impressions are made in fine pulverized starch, which is put on boards usually two feet long by sixteen inches wide, having sides one and a half inches high, which is filled with the light starch and struck off even with the edges by a straight flat stick. The models of the bon bons are usually made from plaster of Paris, and are glued on a flat board about one or one and a half inches apart. When starch is ready the impressions are made by gently pressing the moulds that are fastened to the board their full depth in the starch until all are full. Now, having all ready, the cream must next be prepared to pour in the impressions.

Vanilla Cream Bon Bons.

Take of the cream previously described, pour a sufficient quantity in a small copper pan and put it over the fire. Stir it until melted, then add the vanilla flavor. It is now ready to pour in the moulds. Confectioners use a funnel shaped vessel holding about a quart, with a handle at the upper end, and a hole a quarter of an inch in diameter at the small end, a long plug with a sharp point is fitted that can easily be moved up or down to regulate the flow of the cream. This is filled with the cream, the plug prevents its escape or dripping, and by gently lifting the plug the cream can be poured in each depression and shut off continuously until all are filled. Let the cream remain until hard enough to handle without crushing, then empty the moulds, starch and contents in a seive, and gently agitate until all the starch is removed. Lay the bon bons in a moderately warm place for two or three days to harden, then they may be crystalized.

Lemon and orange bon bons are made by sim-

ply using the oil or extract. An addition to the above may be made by mixing with the cream some of the finely grated outer rinds of the fruit.

Almond Bon Bons.

Take a small quantity of the kernels, roast them over a slow fire until of a brown color. When cold put them in a mortar and pound them to a coarse powder, then incorporate them in the melted cream which should have a few drops of water added and three or four drops oil bitter almonds.

Chocolate Bon Bons.

When the cream is on the fire stir in sufficient of finely powdered chocolate and extract of vanilla to flavor, and only enough chocolate to give the desired color.

Simple Syrup for Soda Water.

This is the ground work or base for all the different varieties of flavors. The writer has by long experience found that 13 lbs. of refined granulated sugar to each gallon of water, is the proper quantity to be used. Boiling only sufficient to totally dissolve the sugar. The white of one egg beaten to a froth and incorporated with the sugar adds to its clearness. What impurities remain in the sugar will rise to the surface and must be skimmed off. Strain while hot through a fine cullender or piece of new flannel, add one pint of Glucose to each gallon of syrup. It prevents crystalization and adds to its foaming qualities when drawn from the fountain. It ought to be kept in a cool place.

Raspberry Syrup.

Take any quantity of the fully ripe fruit, place them in a tub, and with a spatula with a sharp

point, bruise the fruit by stirring it briskly after the skin has been broken, let them remain for two or three hours and then in a bag made of strong flannel put the bruised berries, and let the juice of its own accord run out in a suitable vessel. Mix $\frac{1}{2}$ ounce of acetic acid in 3 ounces of water, and add to each gallon of the juice. Then to each gallon of the juice add 13 lbs. of granulated or crushed sugar and dissolve it by gentle heat not to exceed 125 degrees by thermometer, while still warm this may be bottled and corked for future use.

Strawberry Syrup.

This fruit has a more firm texture than the raspberry, and therefore requires more force to express the juice. Proceed in same manner as for raspberry with the exception of beating the berries to a pulp, then let them stand two or three hours, after which put them in the bag and after all the juice has run out, put the bag between two boards and express the remaining juice, then

add the same quantity per gallon of acetic acid, and 14 lbs of granulated sugar to one gallon of juice. Melt by gentle heat to 212 degrees by thermometer, and while still warm pour in jugs or bottles and cork tight for future use.

Pineapple Syrup.

This fruit has still greater firmness of texture than the strawberry and requires more labor to reduce it to a fine pulp. A tub with a strong bottom and a spatula with a flat surface at the end, to pound the fruit will be found well adapted for the purpose. After laying for an hour or two the fruit should be expressed by powerful pressure.

The common cider press will answer. Add 14 lbs of granulated or crushed sugar to each gallon of juice, and a little of the acetic acid described for raspberry and strawberry. This juice should be allowed to reach the boiling point in order to acquire good keeping qualities. If the syrup should be too heavy when cold reduce as wanted to use, with water. Strain through a fine cullender or new flannel.

Pineapple Syrup.

ARTIFICIAL.

To simple syrup add sufficient of the extract of pineapple to give it the required flavor.

This extract very closely resembles the true flavor of the fruit, which is not the case with most of the chemical extracts.

Sarsaparilla Syrup.

To simple syrup add sufficient of the following to suit the taste. Twenty drops each of wintergreen and sassafras oils in a wine glass full of alcohol. The syrup should be a dark brown color, to obtain which, use burnt sugar or extract of licorice. The former is always preferred. This makes a very popular flavor and most soda drinkers prefer it quite strong of the extract.

Cream Syrup.--No. 1.

This syrup is made sometimes by simply keep-

ing a supply of pure cow's cream on the ice and use it as occasion requires. But the writer's objection to this method is the excessive foaming as soon as the soda is drawn on it.

NO. 2.

A very acceptable syrup is made from condensed milk. It gives better satisfaction than any other form. Reduce the condensed milk to the consistency of cream by the addition of a little water, then add an equal quantity of simple syrup. Its keeping qualities are superior to any other form of cream syrup.

NO. 3.

In order to give everybody their choice, the writer will add the following—when it is not possible to obtain the pure cream or condensed milk, this substitute will answer very well:

Beat the whites of two eggs with the yolk of one to a froth, after which add one pound of pulverized sugar, then add gradually one pint of rich fresh milk, and stir until all the sugar is dissolved, then strain through a fine sieve.

Imitation Cream Syrup.

Three fluid ounces fresh oil of sweet almonds, two ounces powdered gum arabic and nine ounces of water; then dissolve one pound of white sugar by gentle heat, strain, and when cool, add the white of two eggs. Put in bottles well corked, in a cool place. This will keep well, and is an excellent substitute for cream.

Chocolate Syrup.

Take of good quality cocoa paste, same as used for caramels, say one half pound; if that is not at hand, Baker's chocolate will answer, or a good quality of sweet chocolate. Melt in a vessel that sits in boiling water; after it has melted and while hot, add, by very small quantities, simple syrup, stirring meanwhile to incorporate the two together, until a sufficiency is added to give the whole a dark brown appearance. When cold add the vanilla flavoring.

Coffee Syrup.

Pure ground Java coffee, one half pound; pure Mocha coffee, one half pound; water, one gallon; sugar, ten pounds. Place the coffee in a stone jar or jug, heat the water to the boiling point, pour it on the coffee, tightly close the mouth of the vessel, and when cold add the sugar, then filter with very slight heat to facilitate the solution.

Ginger Syrup.

Fluid extract of ginger, two ounces; sugar, four ounces; carbonate of magnesia, one ounce; simple syrup, one gallon. The extract of ginger is rubbed in a mortar with the carbonate of magnesia, and afterwards to this mixture is added the sugar, and thoroughly mixed. This is then added to the syrup, and the whole is heated, but not boiled, and the syrup filtered. This gives a bright, clear syrup.

Sherbet Syrup.

Lemon syrup, one part; pineapple syrup, one part; vanilla syrup, three parts.

Orgeat Syrup.

Simple syrup, one gallon; extract of vanilla, one ounce; extract of bitter almonds, one half ounce.

True Syrup of Orgeat.

Take four ounces of bitter almonds, two ounces of sweet almonds, blanch them by pouring hot water over them, remove the dark skins, pound in a mortar to a firm paste, and gradually add one quart of simple syrup. Strain through a fine cullender.

Imitation Strawberry Syrup.

To one gallon of simple syrup add 4 oz. Ger-

man cherry juice, tincture of orris root one ounce, citric acid six drachms, strawberry flavor three drachms.

Imitation Raspberry Syrup.

Exactly as the foregoing with the exception of substituting raspberry flavor for strawberry.

Milk Punch.

To one qt. of extra heavy simple syrup add one pint each of Jamaica rum and brandy. Flavor with two teaspoonsful of the extract made by pounding in a mortar one ounce of mace in eight ounces of the alcohol, pour this syrup in the glass and add sufficient of ordinary cream syrup.

Wine Syrup.

Catawba, hock, claret and other wines. Having made a very heavy simple syrup of 16 lbs. of

- sugar to the gallon. Then prepare as small a quantity as is needed by using an equal quantity of the wines and the syrup. When the syrup is about to be put on the fire add a half teaspoonful of cream of tartar to each gallon of syrup to prevent crystalization.

Essential Oils and Extracts.

The oils usually employed in the manufacture of confections are those possessing an agreeable aromatic flavor, and are generally used in their original strength without being reduced except with alcohol. It is absolutely necessary that they should be pure and fresh. More particularly with the oils of lemon and peppermint. They are more popular than most others and therefore more frequently adulterated. When not fresh or pure they partake of the flavor of turpentine and are particular unpleasant to the taste.

Extracts are but simple mixtures of the oils with alcohol which should be of sufficient strength to cut the oil and effect a perfect combination.

Tinctures are made by pounding or macerating the articles and mixing with alcohol.

The following proportions of oils and alcohol make a better extract than can be obtained by most of the preparations manufactured for sale. Confectioners and families will find it to their interest to manufacture their own extracts from these recipes.

For practical use in flavoring candies or for household purposes, no color need be added to the extracts. It is indispensable that in the manufacture of white goods the extracts should be as free from color as possible.

Extract of Anise.

Anise oil,	-	-	-	-	1 ounce.
Alcohol,	-	-	-	-	1 pint.

Extract of Cloves.

Oil of clove,	-	-	-	-	2 ounces,
Alcohol,	-	-	-	-	1 pint.

Extract of Cinnamon.

True Ceylon oil,	-	-	-	1 ounce.
Alcohol,	-	-	-	1 pint.

Extract of Bitter Almonds.

Oil of bitter almonds,	-	-	2 ounces.
Alcohol,	-	-	1 pint.

Extract of Ginger.

Green Jamaica ginger cut fine,	8 ounces.
Alcohol,	- - - 1 pint.

Let it stand for one month, then filter.

Extract of Sarsaparilla.

Oil of sassafras,	-	-	2 ounces.
Oil of wintergreen,	-	-	2 ounces.
Alcohol,	-	-	1 pint.

Extract of Capsicum.

Powdered cayenne pepper,	4 ounces.
Alcohol, - - -	1 pint.

Let it stand for a week, then filter.

Extract of Vanilla.

This exceedingly fine flavor is very difficult to procure in its pure state, owing principally to the high price of vanilla. The extract as usually sold by first-class drug houses contain an adulteration from the Tonka bean, an article that in flavor greatly resembles that of the true vanilla. Confectioners prefer in all cases to make their own extracts, this one in particular, as it is then free from all useless coloring matter, a very important point when it is used in white goods. In selecting beans very great care should be exercised, only the freshest should be purchased, they will be found to have a soft, dark pith, which oozes out when cut. Following are the true formula for

making and using the extract with and without the tonka:

no. 1.

Vanilla beans,	-	-	2 ounces.
Alcohol,	-	-	6 “
Water,	-	-	4 “

Cut the bean one-eighth of an inch in length and macerate them in a mortar, if one is not handy they will do very well only cut. Put them in a glass vessel and let them stand two or three weeks. The extract will be found of a delicate brandy color and fine flavor.

2.

Vanilla and Tonka Extract.

Vanilla,	-	-	4 ounces.
Tonka,	-	-	1 pound.
Alcohol,	-	-	2 quarts.
Water,	-	-	1 pint.

Chop or pound the beans and put them in the alcohol and water for three weeks, strain through cambric and put in tight corked bottles for use.

To Use the Pure Vanilla Bean.

Take of equal parts powdered sugar and vanilla beans, macerate in an iron mortar until the whole is of a uniform fineness, put in an air tight vessel and use it dry. It is certainly the very best way to obtain the whole of the delicate flavor of the bean.

To make a Superior Vanilla Extract from Dry Vanilla Beans.

The following recipe for making the extract is known to but few persons, and has saved the writer many hundred dollars, and at the same time has produced an extract superior in every particular from the old way. As soon as the vanilla bean becomes dry and brittle, it can be purchased for half the price of the fresh bean. And

under this process yields a flavor in many cases superior to the fresh bean treated as formerly. To $\frac{3}{4}$ of a pound of the dry vanilla bean, cut very fine, add half a gallon of hot water, let it simmer a few minutes and then put it in a moderately warm place for 24 hours. Then add one-half gallon of best alcohol, after standing a weak strain it, and it is ready for use. Six ounces of tonka beans added to the above gives additional strength, but it destroys a portion of the delicate flavor peculiar to the vanilla bean alone.

Extract of Lemon.

Pure oil of lemon,	-	-	2 ounces,
Alcohol,	-	-	1 pint.

An improvement to the above, for ice cream and household purposes, consists of cutting the yellow rind from a half dozen lemons, macerate it and put it in the alcohol, two or three days before mixing with oil. Be careful and not remove

the white skin that underlies the yellow, for it has a very bitter disagreeable taste.

Extract of Peppermint.

Hotchkiss' pure oil of peppermint, 2 ounces,
 Alcohol, - - - - - 1 pint.

Extract of Wintergreen.

Oil of wintergreen, - - - 1 ounce,
 Alcohol, - - - - - 1 quart.

Artificial Fruit Essences.

Artificial fruit essences, such as banana, strawberry, raspberry, pineapple, etc., are made from chemical compounds, by processes too complicated for the purposes of this work. They can be purchased of respectable druggists at much less cost than to manufacture on a small scale.

Ice Creams.

NO. 1.—FROM PURE CREAM—VANILLA.

Pure fresh cow's cream,	-	-	6 quarts,
Powdered sugar,	-	-	24 ounces.

Extract of vanilla, only enough to give a delicate flavor should be used. This cream does not require to be boiled, it will, with proper freezing, increase seventy-five per cent.

NO. 2.

Fresh cream,	-	-	6 quarts,
Powdered or granulated sugar,			24 ounces,
Glucose,	-	-	1 pound.

The glucose renders it very smooth and should be first dissolved in the cream, then the sugar is added. No boiling is necessary.

NO. 3.

Fresh cream,	-	-	6 quarts,
Powdered or granulated sugar,	-		28 ounces.

The yolks of four eggs and the whites of twelve beaten to a froth, then incorporated with the sugar and added to the cream, makes a splendid ice cream, but does not increase the product as much as the two foregoing receipts.

Chocolate Ice Cream, from Pure Cream.

Fresh Cream,	-	-	6 quarts.
Powdered or granulated sugar,			30 ounces.
Cocoa paste or sweet chocolate,			$\frac{1}{2}$ pound.

The chocolate must be of a good quality to insure success, as this is the most difficult of all flavors to make properly. Take a common earthen bowl of six quarts capacity, put it in hot water, melt the chocolate therein, after which add the sugar. When the two are thoroughly mixed they will grain. Then add the cold cream, a very small quantity at a time, say a tablespoonful. After it is worked in, a little more may be added, soon a smooth paste will be formed,

which should be kept in that condition, by constant stirring, until the cream is all in. It should then be put in a cooler, and when cold freeze. The quantity of chocolate to use for the above amount of cream varies with the quality, consequently, after one or two trials, the amount can be definitely ascertained. Flavor with vanilla.

Lemon Ice Cream from Pure Cream.

Pure fresh cream,	-	-	6 quarts.
Powdered or granulated sugar,			30 ounces.
Good sized lemons,	-	-	4

Grate the yellow rind off the lemons, boil it in half pint of milk long enough to reduce it to one and one-half gills, or put the grated rinds in a gill of alcohol an hour or two before using, or grate the lemons on a piece of hard lump sugar and use the sugar, but care must be taken lest there may be yet too much sugar which gives a

very disagreeable flavor after eating. Put all together and then squeeze the juice of two of the lemons, add a few drops of essence of lemon, strain all through a cullender or piece of flannel in the freezer. Sometimes it will require five lemons and at others only three, according to size and thickness of rind. A good way to do, if there is much business, is to prepare the flavor in sufficient quantities to last two or three weeks. It saves much time in straining and preparing when every moment is valuable.

Strawberry and Raspberry Ice Cream, from Pure Cream.

Pure Cream,	-	-	-	6 quarts,
Granulated sugar,	-	-	-	24 ounces,
Ripe berries,	-	-	-	1 quart.

Macerate the berries and put one pound of sugar on them. Let them stand for two or three hours, the longer the better, then put them in a flannel bag and then gently press the juice. Do

not use too much force. When the juice is ready, if it requires more sugar, add it until its taste is agreeable. Mix with the cream, if, when all is ready, the flavor of strawberries is not prominent enough, then add of the essence of strawberry, sufficient. Color with cochineal or carmine.

Custard Ice Cream.

Fresh new milk,	-	-	12 quarts,
Granulated sugar,	-	-	52 ounces,
Eggs.	-	-	48.

Beat the eggs to a froth and then add sugar to the eggs. Stir until the sugar is well incorporated with them. Next put the milk on the fire and constantly stir until it boils, using great caution lest it burn. Then pour the boiling milk on the sugar and eggs, stirring them all together. Now put the whole over the fire, and after stirring half a minute, not any more, or just enough to thicken it slightly. When it is done, strain it and put it in a cooler. When thoroughly cold, add the flavoring and freeze.

Custard Ice Cream.

IMPROVEMENT.

Fresh new milk,	-	-	6 quarts,
Eggs,	-	-	24
Granulated sugar,	-	-	52 ounces,
Fresh cream,	-	-	6 quarts.

Proceed with the eggs and milk as in the foregoing, and when all is ready for the freezer, add six quarts of rich cream.

This makes a splendid ice cream, not so rich as pure cream, which many persons cannot eat on that account. There are others who do not like custard because of so many eggs. This strikes a happy medium and is very popular.

Ice Cream Cheap.

Pure milk,	-	-	-	-	6 quarts.
Granulated sugar,	-	-	-	-	24 ounces
Oswego corn starch,	-	-	-	-	8 ounces.

Dissolve the starch in one quart of milk then mix all together and just simmer a little, not boil, flavor to taste.

Bisque Ice Cream.

Mix one-half dozen dried macaroons and one-third pound of sugar to each quart of cream. The macaroons to be pounded fine and dissolved in a portion of the cream, then add the remainder, strain and freeze.

Parissian Coffee Ice Cream.

Make a half pint of very rich strong mocha coffee, and add one quart of fresh rich cream one half pound pulverized sugar and one desert spoonful of vanilla. Beat the yolks of eight eggs very light, and add them to the mixture. Place the whole on a moderate fire, stirring continually until it thickens, with a wooden spoon or spatula, remove from the fire, strain through a hair sieve and when nearly cold add to it half an ounce gel-

atine that has been dissolved in a small quantity of milk or water, stir all well together, pour it in an ice cream mould, place a paper over the top, put on the lid and bury the mould in broken ice and salt for at least two hours, let it remain until ready for use, then take it from the ice, wipe off the mould, dip in lukewarm water and right out again, take off the lid and paper and turn it on the dish in the usual way.

Coffee Ice Cream.

Put one pound of pulverized sugar in a stew pan, stir in 4 eggs, add two quarts rich cream and one pint of strong coffee, mix all and place on the fire stirring continually until it gives one boil, then remove, strain through a hair sieve. Freeze when cold in an ice cream can.

Charlotte Russe.—No. 1.

WITHOUT GELATINE.

One pint of pure cream, sweeten with two

ounces of sugar and flavor to taste. Beat sufficient to dissolve the sugar. Beat to a stiff froth the whites of nine eggs, then add the cream, beat again, put it inside of cake and set it to cool.

This makes a filling for two moulds, one-half pint of cream and the whites of five eggs for one.

Charlotte Russe.—No. 2.

WITH GEATINE.—FOR ONE QUART.

Half pint of sweet cream, one gill of milk, half an ounce of isinglass, one glass Madeira wine. First line the bottom and sides of a plain mould with sponge cake, fitted closely together. Then dissolve isinglass in a half pint of water. Make a cream or custard with six yolks of eggs with the milk, one fourth of sugar, and the dissolved isinglass on the fire. Keep stirring it until it has a thick creamy appearance, then add the wine. When cooled off whip the one half pint cream, sweeten it and mix with the custard. Pour it in the lined moulds and set on ice.

Charlotte Russe.—No. 3.

Two quarts sweet cream, three ounces isinglass, one vanilla bean, one pint of milk, one pound of sugar, and a little cinnamon. First dissolve the isinglass in milk strained through a sieve, then add sugar, let it come to a boil, remove the scum from surface, take it from the fire, whip the sweet cream to a firm substance, mix in another half pound of sugar, and flavor with pounded pulverized vanilla. Then mix the dissolved isinglass in it. Pour in a mould lined with sponge cake and place it on ice.

23

American Cream.

Ingredients, one quart of milk four eggs, one half box gelatine, one and a half teaspoonful of vanilla. Soak gelatine in a little cold water 20 minutes. Beat the yolks of the eggs and sugar together, let the milk come to a boil then stir in the sugar and yolks, then the gelatine, then the whites

of the eggs, (having beaten them to a froth) gently stir all together, add the flavoring and pour in the mould to cool.

Blanc Mange.

Isinglass one-fourth pound, rose water one-half pint, milk two quarts, sugar eight ounces, milk of almonds one-half pint, let it come to a boil, and when blood warm run in moulds.

To Make Milk of Almonds.

Take sweet almonds one ounce, bitter almonds three ounces, white sugar one and a half pounds, water one quart, flavor with orange flower water. Blanch the Almonds by steeping them in hot water for a little time, then beat them in a mortar with the sugar and add the water gently, lastly strain and add flavoring. Beat the almonds until they are of the consistancy of cream.

Old Fashioned Blanc Mange.

Take four calves' feet, a pint and a half of thick cream half pound of granulated sugar, a glass of wine, half a glass of rose water, and a teaspoonful of sifted mace. Boil the feet, after first cleansing thoroughly, (such as have not been skinned) till all the meat drops away from the bone. Drain the liquor through a cullender or sieve, and skim it well. Let it stand until next morning to congeal. Then clean it well from the sediment, and put it in a tin or metal kettle, stir into it the mace, sugar and cream, the latter having first been boiled with an ounce of broken bitter almonds. Boil hard five minutes, constantly stirring it, strain through a linen cloth into a large bowl and add the wine and rose water. Set in cool place for two or three hours, stirring often to prevent the cream from separating from the jelly. Stir till cold, the longer the better. Wash, wipe, dry and then wet the moulds in cold water, and put in the blanc mange when it becomes very thick. After it has set quite firm in

the moulds, loosen it carefully all around with a knife. and turn it out on glass plates. If the flavor of milk of almonds is preferred, add them gradually when the mixture is ready to boil. If it sticks to the mould, set them for an instant in hot water.

Bavarian Cream.

Dissolve half a package of Cox's gelatine in one quart of boiling milk, stir until it is dissolved, then add a pint of cream and sweeten to taste, add three tablespoonsful of extract of vanilla, let it cool a little, stirring occasionally, then put it in custard cups or in a mould and leave it in a very cold place or surround it with ice, it will thicken in two hours and be ready for use.

Gelatine Icing for Confections or Cake.

One scant tablespoonful of gelatine, dissolve in two tablespoonsfuls of hot water, mix it with fine

powdered sugar till quite stiff, spread with a knife smooth on the article to be iced, dip your knife in hot water during the operation, This icing does not crack after becoming dry.

Icing for Cake.

NO. 2.

Beat the white of eggs with sugar and add for each egg one teaspoonful of ice-cold water. This takes more sugar than when the egg is beaten to a froth, but it will keep soft for some days. To make thick icing it should be put on in two or three layers, otherwise it will be thick on the edges and thin on top ; it does not pile up as in the old-fashioned icing.

Egg Nogg.

AS MADE AND DRANK IN OLD VIRGINIA.

Beat thoroughly the yolks of eight eggs with one pound of granulated sugar, with which mix

one half gallon of fresh rich milk. Then pour upon it very slowly, (stirring the eggs and milk briskly) a pint and a half of best Jamaica rum, if not sweet enough add more sugar, have ready the whites of the eggs beaten to a froth, with a little pulverized sugar, stir in about one-half, put the other on top, place it on ice.

Meringue Kisses.

Beat the whites of four eggs until they stand alone, then beat in gradually of fine powdered sugar one pound, a teaspoonful at a time is enough, add eight drops of essence of lemon, beating the whole very hard. Lay a sheet of wet paper on the bottom of the pan, drop on it in size to suit taste, a little jelly, after putting on a little of the egg mixture first under the jelly. Then with a large spoon pife on the meringue over each lump of jelly to cover it entirely, drop it as smoothly as possible to make a good shape, set in a coal oven, when slightly colored they are done. Take them out and place them bottoms together, lay them

lightly on a sieve and dry in a cool oven until the two form a ball.

GENERAL DIRECTIONS FOR LOZENGE MAKING,

A first-class lozenge is composed of a good quality of gum arabic and powdered sugar. The gum is dissolved in warm water in the proportion of one ounce of gum to two ounces of water. If the gum is powdered fine it facilitates its dissolution; from ten to twelve hours is generally long enough to effect it, of course if left in large lumps it takes much longer. The sugar must be of the very finest quality, and is manufactured expressly for the purpose and is known as lozenge sugar. They can be made of the common powdered sugar as sold by grocers, but will not have the smoothness of finish attained by the first. Having dissolved the gum it must be strained to free it from all impurities. Then having a smooth marble or hard wood plank in readiness the sugar is laid on it in a heap, a hole is made in the middle and some of the gum poured in. Then with a wooden spoon gradually work in the sugar pre-

cisely as a cook does in mixing sponge for bread. When completed it may be too dry and crumble, in that case put in more gum, or it may be too soft and sticky, this may be corrected by more sugar. It should be of the proper consistency to roll smooth and cut clean. A little blue as for icing is used to bleach it white.

Having the paste already we will now proceed to get it in shape for cutting. A small piece of the dough is taken from the mass and with a common rolling pin smooth it out, frequently turning it to get both sides alike. A piece of stiff, smooth zinc is used to run under and turn it. Keep the stone well powdered with fine sugar or starch to prevent sticking. We must now have a guide to get them of a uniform thickness, procure two strips of wood an inch wide and exactly the required thickness, place them on each side of the dough and roll it to exactly their thickness. To cut them procure a tin tube about five inches in length, the small end being of the size required, and the large end should exceed that of the small by three-eighths of an inch. The tapering form of

the cutter gives a smooth cut and free delivery; they should be put together without lapping. Now press the cutter on the sheet and withdraw it, repeating the process until the tube is partly filled with the perfectly formed lozenge, spread on a flat board to dry, frequently turning them. In flavoring use the essential oils in their concentrated form. Cream lozengers are made by addition of a little glycerine, say two ounces to one pound sugar. Fruit lozengers are made by mixing the jellies of fruits with the paste in equal proportions, then work in the sugar.

Burnt Sugar.

Take of any sugar, a light brown for instance, just cover with water and boil until it turns of a dark brown color and emits puffs of smoke, remove from fire and dilute with hot water to the consistency of thin syrup. Its use is to color syrup and other preparations.

INDEX.



PAGES.

Almond Bar.....	17
Almond Cream.....	35
Almond Cream Chocolate.....	35
Almond Cream Rose.....	36
Artificial Fruit Essence.....	73
American Cream.....	83
Almonds, Milk of.....	84
Bon Bons.....	54
Bon Bons, Chocolate.....	46
Bon Bons, Coffee.....	46
Bon Bons, Cognac.....	46
Bon Bons, Vanilla.....	55
Bon Bons, Almonds.....	56
Bon Bons, Chocolate.....	56
Blanc Mange.....	84
Blanc Mange, Old Fashioned.....	85
Caramals, Va. No. 1.....	11
Caramals, Va. No. 2.....	12
Caramals, Maple.....	13
Caramals, Chocolate, No. 1.....	13
Caramals, Chocolate, No. 2.....	14
Cocoanuts.....	18
Cocoanut Cakes.....	18
Cocoanut Cream Bar.....	19
Cream for Chocolate Drops.....	20
Chocolate Cream Drops.....	21
Chocolate Cream Bar.....	22
Combination Cream Bar.....	23
Candy Sticks and Drops.....	27
Candy, Cut Drops.....	30
Candy Cream.....	31
Chocolate Paste.....	34
Cream Walnuts.....	37

Cream Dates.....	37
Cream Figs.....	37
Candied Nuts.....	38
Crystalization.....	40
Cough Candy.....	42
Cough Candy, Good.....	45
Cream Chocolate, Italian.....	48
Cream, Italian White.....	49
Colors that are not Poisonous.....	52
Colors, to make.....	53
Colors, Yellow.....	53
Colors, Red.....	53
Colors, Blue.....	53
Charlotte Russe, No. 1.....	81
Charlotte Russe, No. 2.....	82
Charlotte Russe, No. 3.....	83
Cream, American.....	83
Cream, Bavarian.....	86
Essential Oils and Extracts.....	66
Extract Anise.....	67
Extract Cloves.....	67
Extract Cinnamon.....	68
Extract Bitter Almonds.....	68
Extract Ginger.....	68
Extract Sarsaparilla.....	68
Extract Cappicum.....	69
Extract Vanilla, 1.....	69
Extract Vanilla and Tonka, 2.....	70
Extract Vanilla, 3.....	71
Extract of Vanilla from the Dry Bean.....	71
Extract of Lemon.....	72
Extract of Peppermint.....	73
Extract of Wintergreen.....	74
Egg Nogg.....	87
Gum Arabic Drops.....	45
Hore Hound Candy.....	41
Introduction.....	1
Ice Cream Candy, Vanilla.....	8

Ice Cream Candy, Strawberry.....	10
Ice Cream Candy, Chocolate.....	10
Italian Cream Candy, Chocolate.....	48
Italian Cream Candy, Vanilla.....	49
Ice Cream Vanilla, No. 1.....	74
Ice Cream Vanilla, No. 2.....	74
Ice Cream Vanilla, No. 3.....	74
Ice Cream, Vanilla Chocolate.....	75
Ice Cream, Lemon.....	76
Ice Cream, Strawberry.....	77
Ice Cream, Raspberry.....	77
Ice Cream, Custard.....	78
Ice Cream; Improvement, Custard and Cream.....	79
Ice Cream, cheap.....	79
Ice Cream, Bisque.....	80
Ice Cream, Parisienne Coffee.....	80
Ice Cream, Coffee.....	81
Icing for Confectionery and Cake.....	86
Icing for Cake.....	87
 Lemon Acid Drops.....	 25
Lemon Drops, without acid.....	26
 Molasses Candy, light.....	 33
Molasses Candy, old fashioned.....	32
Milk of Almonds.....	84
 Peanut Bar.....	 15
Peanut Bar.....	16
Peanut Bar.....	17
Philadelphia Walnut Candy.....	24
Pop Corn Balls.....	44
Powder Sugar, Red.....	49
Powder Sugar, Yellow.....	49
Powder Sugar, Green.....	50
Poisonous Colors.....	51
 Rock Candy.....	 38
 Sarsaparilla Taffy.....	 37
Sponge Sugar or Spanish Candy.....	43
Spinach Green.....	50

Syrup, Simple	57
Syrup, Raspberry	57
Syrup, Strawberry	57
Syrup, Pine Apple	59
Syrup, Pine Apple, artificial	60
Syrup, Sarsaparilla	60
Syrup, Cream No. 1	60
Syrup, Cream No. 2	61
Syrup, Cream No. 3	61
Syrup, Cream, Imitation	62
Syrup, Chocolate	62
Syrup, Coffee	63
Syrup, Ginger	63
Syrup, Sherbert	64
Syrup, Orgeat	64
Syrup, Orgeat True	64
Syrup, Strawberry Imitation	64
Syrup, Raspberry Imitation	65
Syrup, Milk Punch	65
Syrup, Wine	65
 Taffy Candy	 33
Taffy, Everton Candy	33
Taffy, Cinnamon Candy	38
Taffy, Sarsaparilla Candy	37

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